Heart Failure Awareness Week

Lunch & Learn
Thursday, February 17th, 2022
Patient & Provider Resources: Heart Failure Tools You Can Use
Heart Failure Awareness Week!

Welcome!
Daily Newsletters
Lunch & Learns Mon-Friday 12 CST
Recordings
Slides & Attachments
Submit questions through the question panel
Patient Resources
Doctor, It’s Been Too Long

TIPS TO HELP YOU PREPARE FOR YOUR NEXT VISIT

Taking care of your physical health and mental well-being is important. It’s smart to be careful and to make sure your doctor’s office is keeping patients safe during COVID-19. Ask your health care team what they’re doing to keep you safe.

Start by visiting your doctor’s office or community health center’s website.
You might find information on what to expect and what options you have available.

Call the office and share your concerns and ask questions.
Here are some things to get you started:
• What is the check-in process?
• What waiting room precautions are being taken?
• Are masks required for both patients and the health care team?
• Is there a checkpoint screening for COVID exposure and symptoms?
• What else should I know before I come in?
• Is telehealth (a phone or video visit) an option? Is it appropriate for my visit?

Here are some ways you can make the most of your visit:
• Write down your questions before you go.
• Clearly share the purpose of your visit with your health care team.
• Have a list of medications or supplements you take and any medical devices you use available.
• Bring any health data that may be helpful such as blood pressure and glucose readings, changes in weight, or food and exercise logs.

Recommit to your health ... and your future.
If you’ve missed an appointment, make one today.
For more information visit:
heart.org/callyourdoctor

If you have a telehealth (phone or video) appointment:
• Ask if there’s a step-by-step guide you can follow if this is your first video appointment.
• Make sure you have good phone or Wi-Fi service.
• Use headphones or earbuds to help ensure you hear clearly and to allow for privacy.
• Set yourself up in a quiet place with good lighting. Be ready early so you can test your equipment.
• Have your insurance card handy.
• Make sure your phone, computer or tablet is fully charged.

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Discussion Guide

PATIENT/HEALTH CARE PROVIDER Discussion Guide
Be prepared to get the most out of your appointment.

Learn as much as you can about your condition.
Write down questions to ask your health care professional.

When you have heart failure, your heart is unable to pump enough blood and oxygen to your body needs to be at its best. This may cause fatigue, shortness of breath and coughing.

The symptoms of heart failure tend to get worse over time as the heart becomes weaker and less able to function efficiently.

More than 6 million adults in the U.S. are living with heart failure. Getting treatment as soon as possible is the best way to manage the condition.

Now is the time to focus on increasing the healthy years you have ahead.

There’s no cure for heart failure. But if caught early, strategies can stop or slow the symptoms for many years.
Your health care professional can prescribe medications and recommend lifestyle changes to help you maintain your quality of life.

At your appointment:
- You’ll be asked about symptoms. How long have you had them? Have they gotten worse? Do they interfere with your usual activities?
- The exam will include a blood test and blood pressure check.
- Your health care professional will look for signs of excess fluid (a condition called congestive heart failure).
- You may need imaging tests such as a chest X-ray, echocardiogram or electrocardiogram.
- Your health care professional may prescribe medication or oxygen.
- You’ll get advice about restricting fluids and avoiding salty foods.

Bring a list of questions to prepare for your appointment.

Being actively involved in your care will help you get the best possible results from treatment. Check off the questions you want to remember to ask your health care professional.

Treatment for Heart Failure
- What’s my stage of heart failure?
- What causes heart failure?
- What did you learn from my tests and imaging studies?
- What’s ejection fraction and why is it important?
- Are there medications that can help? Do they have side effects?
- How often do I need to see a health care professional to monitor my condition?
- How long before my symptoms get worse? Will I need to be hospitalized?
- Am I a candidate for a heart transplant?
- How long can you live with heart failure?
- Can I participate in clinical trials?

Living with Heart Failure
- What can I read to learn more about heart failure?
- What lifestyle changes will make the biggest difference to my health?
- What symptoms mean I should call a health care professional right away or go to the ER?
- Do I need to restrict my activities or increase them?
- What foods should I avoid?
- How much fluid can I take in daily and how do I measure it?
- How could my heart failure impact my family?
- Are there support groups?
- What plans should I make to prepare for the future?
My Heart Failure Guide
FREE Interactive Workbook
Living With Heart Failure

Understanding Heart Failure

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Understanding Heart Failure Symptoms

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Living Well With Heart Failure

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Living Well With Heart Failure

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Living Well With Heart Failure
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Identifying Your Activity Goals ......... 46
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Print this contact list and fill in the phone numbers of people you may need to reach quickly. Carry it with you in your wallet or purse. Update the list as needed. Share a copy with your caregiver and family members.
My Heart Failure Guide

Patient tools:

- Emergency Contact List
- Self Check Plan/Symptom Tracker
- Hidden Sources of Sodium
- Reading Food Labels
- What to Look for at the Grocery Store
- Eating Away From Home
- Stretching Exercises
- Strength & Balance Exercises
- Physical Activity Tracker
- Medicine Chart
- Identifying Activity Goals
Patient Resource Center
Heart Failure Tools and Resources

Downloadables and Interactive Resources

- My HF Guide: Our free interactive workbook
- Symptom Tracker (PDF) | Spanish (PDF)
- HF and Your Ejection Fraction Explained (PDF) | Spanish (PDF)
- How Can I Improve My Low Ejection Fraction? (PDF)
- Partnering in Your Treatment: Questions to Ask Your Doctor (PDF)
- Patient Information Sheets
  - What is Heart Failure? (PDF) | Spanish (PDF)
  - How Can I Live with Heart Failure? (PDF) | Spanish (PDF)
  - What is Transthyretin Amyloid Cardiomyopathy (ATTR-CM)? (PDF)
- Support Network online community
Support that lifts you up

Dealing with a heart or stroke condition can be complex, but your recovery can be more manageable when you have the right kind of emotional support. Our community of survivors and caregivers is here to keep you going no matter the obstacles.
Find Help
Support and Connect (findhelp.com)

Search for free or reduced cost resources in your area, like food, transportation, medical care, and more.

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This service is provided by The American Heart Association’s National Heart Failure Initiative, IMPLEMENT-HF™, made possible with funding by founding sponsor, Novartis and national sponsor, Boehringer Ingelheim and Eli Lilly and Company.
Get With The Guidelines®-Heart Failure is an in-hospital program for improving care by promoting consistent adherence to the latest scientific treatment guidelines. Numerous published studies demonstrate the program's success in achieving significant patient outcome improvements. Among the proven results are reductions in 30-day readmissions, a measure now used by CMS in determining CMS reimbursement rates.
Target: Heart Failure

An initiative aimed at reducing 30-day readmissions by providing healthcare professionals with resources to address this challenge.

Measure Rationale – outlines guideline support for initiative measures spanning areas of medication optimization, early follow-up care coordination, and enhanced patient education.

Check out these Risk Calculators!

- 30-Day Readmission Yale Core Calculator
  - LACE+ Calculator
**Target: Heart Failure**

Use a **Discharge Checklist** to set patients up for success

Check on discharged patients with a **Telephone Follow-Up Form**

Identify issues with readmissions using a **Readmission Guide**
Download the AHA’s Guidelines-On-The-Go mobile app for point-of-care access to the AHA guidelines, interactive treatment algorithms, calculators, and patient education materials.

Available for Android and iOS!
Welcome to American Heart Association’s Healthcare Network!

We believe that you shouldn’t go it alone and that there should be a place where you can find support, share resources, and be able to ask questions and receive answers from other experts in the field. This is a community for organizations currently involved in our certification or quality improvement programs. Please use this network as a space to utilize resources, ask questions, and engage with other organizations, to aid in your path to increasing quality of care!

Hot Topics

Heart Failure Awareness Week: Lunch and Learns

Added by Teresa Varela-Berso News Hot Topics 02/03/2022

This National Wear Red Day Will Be One For The Books!

National Wear Red Day – the iconic day when the nation wears red to show support for women’s heart health – is this Friday, Feb. 4! Our lineup includes 50 national broadcast news anchors confirmed to show their support. CBS Mornings is airing a CPR story featuring one of our Real Woman, and Dr. Tara Narula will lead a CPR discussion and demos ... 02/01/2022

Hereditary Transthyretin Amyloidosis (HATTR) Half-Day Summit

Hereditary Transthyretin Amyloidosis (HATTR) Half-Day Summit Join us for a half-day summit on Tuesday, January 18th. Sessions begin at 11 AM EST / 10 AM CST. The American Heart Association® is leading an initiative to improve the identification and diagnosis of hereditary transthyretin amyloidosis (HATTR). Please join the American Heart ... 02/01/2022
A telehealth checklist for providers is included in the “Handouts” section of this webinar.

### Telehealth in Your Practice – Stay Connected to Your Patients

**Modes of Telehealth**
Three ways to incorporate telehealth into your practice:
- Live Videoconferencing: two-way, video-based conference between the healthcare provider and patient
- Asynchronous Video (Store-and-Forward Transmission): electronic delivery of a patient’s documented health history outside real-time
- Remote Patient Monitoring (RPM): collection of health data from a patient in one location that’s forwarded electronically to a healthcare professional in a different location (provider, nurse, etc.) for review and monitoring

**Top Uses of Telehealth**
- Concierge services (for patients paying membership fees)
- Medication management/prescription renewal
- Minor urgent care (e.g., pink eye, fever)
- Birth control counseling
- Home health care
- Chronic condition management
- Pediatric after-hours needs
- Behavioral health
- Post hospital discharge care
- Postoperative care and follow-up

**10 In-Demand Specialties**
- Internal Medicine
- Psychiatry
- Radiology
- Family Medicine
- Pediatrics
- Emergency Medicine
- Neurology
- Cardiology
- Obstetrics & Gynecology
- Dermatology

* Medical Economics Jan 2020

**Clinical Implementation**

**Before the visit:**
- Identify appropriate clinical use cases
- Identify triage questions for scheduling appointments
- Educate patients on proper appointment standards

**During the visit:**
- Ensure appropriate patient intake
- Provide support to troubleshoot patients’ technical issues
- Focus on effective communication with patients (speaking clearly and understandably)

**After the visit:**
- Share the visit summary and plan for follow-up care

**Reimbursement**
- COVID-19 is changing reimbursement. Federal and state laws and commercial payer policies are quickly being amended or waived to make reimbursement easier and more in line with the charges for in-person visits.

**With so many choices, be sure to consider:**
- Integration with your current IT landscape, particularly your EHR system
- Cost, process and timeline associated with integration and product updates
- User experience (intuitive for you and your patients)
- Data safety and security
COVID-19 & HF: HFSA Scientific Statement

Coronavirus Disease-2019 and Heart Failure: A Scientific Statement From the Heart Failure Society of America

Ankeet S. Bhatt, MD, MBA ± Eric D. Adler, MD ± Nancy M. Alberti, PhD, RN, FHFAA ± Orly Vardeny, PharmD, MS ± Clyde Yancy, MD, MSc ± Anuradha Lala, MD ± ± ± ± ±

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Central Figure. The nexus of heart failure and coronavirus disease 2019 (COVID-19). ACE-2, angiotensin-converting enzyme 2; EF, ejection fraction; HF, heart failure; ICU, intensive care unit; LVAD, left ventricular assist device; MUS-C, multisystem inflammatory disorder in children; PASC, postacute sequelae of severe acute respiratory syndrome coronavirus 2 infection; RAASI, renin–angiotensin–aldosterone system inhibitor.
Opportunities on learn.heart.org

- Heart Failure and Afib Virtual Summit: Treatment of AF by ablation in heart failure patients and Subclinical AF: incidence and management
- Heart Failure and Afib Virtual Summit: Stroke Prevention in Atrial Fibrillation and Heart failure, atrial fibrillation, and kidney failure
- Heart Failure and Afib Virtual Summit: Recognizing AFib in high-risk heart failure patients and Socioeconomic Impact of AF/HF
- AHA Intermountain Healthcare Webinar Series- Heart Failure Prevention
- Advanced Heart Failure Care & Management
- American Heart Association Heart Failure Guidelines & Updates
- Building a Heart Failure Clinic
- Cardiac Rhythm Device Therapy for Heart Failure
- COVID-19 Impact on Heart Failure Acute Processes
- Get With The Guidelines®- 360°: Keynote & Pivotal Results
- Heart Failure in the Acute Care Setting
- Heart Failure Post-Acute Care Certification Process for Skilled Nursing Facilities
- Heart Failure, Skilled Nursing, and Transitions
- Palliative Care for the Heart Failure Patient
- Panel Discussion: Managing Heart Failure Comorbidities
- Panel Discussion: Rapidly Improving Adherence with
- Psychosocial Risk & Behavioral Health Considerations for Heart Failure
- Recognizing Heart Failure in the ED- Door to Diuresis
- Reducing the Failure in Heart Failure-Medical Management of HF
- Acute Decompensated Heart Failure: Critical Issues For The Clinician
- Success in Failure: Novel Applications of Imaging in Heart Failure with Preserved EF
- Inflammation and Heart Failure: Adding Fuel to the Fire?
- Failure is Not an Option: New Targets, New Opportunities
- Hemodynamics in Heart Failure with a Case Based Focus
- Heart Failure in 2020: How Has It Changed?
- The Very Hottest Topics in Heart Failure for All Cardiologists
- Heart Failure and Atrial Fibrillation: Vitamins, Minerals, Nutrients, and More
- Caring for Heart Failure Patients
- HeartBEATS from Lifelong Learning™, Science Series: Managing Atrial Fibrillation in Heart Failure with Reduced Ejection Fraction: A Paradigm Shift
HF Summit

Heart Failure Summit

REGISTER

March 9, 2022 • 10:00 am – 2:15 pm CST

This summit focuses on social determinants of health, model sharing for guideline directed medical therapies, and transitions of care in the heart failure patient population. We aim to provide a great opportunity to share concepts learned by reviewing current challenges, model sharing, and barriers to overcome. The goal of this Heart Failure Summit is to provide a high quality scientific and educational experience for the attendees. We look forward to hosting you at our virtual event!
Access Recent Events Online!

Content from the 2020 Heart Failure Expo, a virtual event celebrating heart failure systems of care, is now available online for FREE! Access all 23 sessions with accompanying CME/CE credits at your convenience.

Missed Scientific Sessions 2021? You can now view sessions On-Demand for FREE to AHA Professional members and $149 for non-AHA members.
THANK YOU!

For questions or more information: please contact your local AHA Quality Improvement Manager OR reach out via the below link:
https://www.heart.org/en/professional/quality-improvement/contact-your-local-get-with-the-guidelines-representative

Registration for tomorrow’s Lunch & Learn on Quality Improvement: Reflection & Recognition can be completed by clicking here.